

**Government of Pakistan
Ministry of National Health Services, Regulations and Coordination**

Press Release

**Literature and cultural revival is a must to counter
intolerance, says Saira Afzal Tarar**

Islamabad, January 17, 2018: Today in a solemn ceremony of launch of an English poems book, Mrs. Saira Afzal Tarar emphasized on the need of cultural revival. She urged to revitalize the links to our glorious culturally rich past. Evidence shows that engagement with creative activities can enhance one's moods, emotions and psychological state having positive impact on one's mental and psychological health. The more we understand the relationship between creative expression and healing, the more we will discover the healing power of art.

“Viewing literature through this lens gives is the answer to stress and anxiety prevailing in our society. It is because we have reduced the culture of literary gatherings, abandoned practices of book reading and platforms of expressive arts”, stressed Minister of Health.

Minister of Information, Ms. Marriyum Aurangzeb also underscored the significance of cultural revival in the country. “Our govt in time with the vision of our leader, Mian Muhammad Nawaz Sharif, we worked for a clear and progressive cultural policy aimed at promoting the rich cultural heritage of our beautiful country”, said Minister information.

Renowned Poets and Intellectuals Mr. Ejaz Rahim, Mr. Adnan Rehmat and Mr. Harris Khaliquealso spoke at the occasion and shared the importance literature in nation building. Mr. Mazhar Nisar's collection of selected English Poems is rooted purely in the South Asian context and further establishes Pakistani English idiom. It represents the sensibilities and aspirations of our people and gives a message of hope, tolerance and amity

(Sajid Hussain Shah)
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